



# VALENCE PRIMARY SCHOOL

## Physical Activity Policy

Date:	January 2026
Date for review:	January 2028



### Article 31

Every child has the right to relax, play and take part in a wide range of cultural and artistic activities

## Introduction

Valence Primary School provides a physical activity programme which is broad, balanced and fully inclusive, suiting the needs of all pupils.

The school believes that physical activity, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. We aim to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aim to cater for individual pupil's needs and abilities.

Our scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils. We aim to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

## Aims

- To increase activity levels throughout the whole school by providing a supportive environment conducive to the promotion of physical activity.
- To enable pupils to develop and explore physical skills with increasing control and coordination.
- To encourage pupils to work and play together in group situations and promote a sense of fair play and good sportsmanship.
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement-based activities.
- To increase pupils' ability to use what they have learnt to evaluate and improve their performance and knowledge of the correct terminology.
- For pupils to understand how exercise affects their body.
- To develop the pupils' enjoyment of physical activity through utilising their creativity and imagination.
- To understand that physical activity is not just a lesson at school, it is a healthy way of life and something that we should also be doing outside of school and carry on into adulthood.
- Providing external links for all children, with extended opportunities given to vulnerable and/or talented pupils.
- To enhance basic skills for those who need support and those who are not encouraged at home to maintain a healthy lifestyle.

## Objectives

- Two hours of curricular PE/ week will be taught which provides a broad and balanced programme using recommended schemes of work found on the PE Planning website. Planning

may be supplemented with schemes such as LCP, TOPS, KEYSTEPS, AVIVA, Run Jump Throw, LTA British Tennis and Keyport.

- Provision of relevant CPD opportunities for all staff leading physical activity sessions/PE lessons including mid-day assistants.
- Provision of quality physical activity opportunities both in and outside school times.
- Children will participate in a range of psycho-motor / movement activities in order to develop personal physical skills. (Practical attainment) ·
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement. (Kinesthetics) ·
- Children will be made aware of simple physiological changes that occur to their bodies during exercise. (Science/Physiology) ·
- Children will be given opportunities to develop imagination and co-operation to achieve shared goals. (Teamwork) ·
- Children will be given opportunities to develop personal characteristics like initiative, self-reliance and self-discipline (Self-knowledge) ·
- Children will be given opportunities to enjoy and succeed in the physical activities as well as be stimulated and challenged. (Problem solving) ·
- Children will be given the opportunity to develop areas of activity of their choice in extra-curricular time in order to make full use of the facilities at Valence and to prepare mentally and physically for key stage 3 and beyond.

### Links to other school policies

- PHSE - Health Education inc Physical health and Fitness; Healthy Eating, Health & Prevention and Well-Being
- Science – Healthy Lifestyles, Diet and Exercise
- Equal Opportunities – the school is committed to providing equal opportunities for all pupils, including those with special needs, within its provision of physical activity.
- Teaching and Learning – physical activities provided are developmentally appropriate; a variety of approaches are used to ensure that tasks are matched to pupil's abilities, and pupils at different starting points all make progress.

### Resources

The facilities for physical activity at Valence are, we believe, unique. As a primary school we have access to a purpose-built sports hall, a Performing Arts Room, a limited access to multi-functional hall, hard court surface areas, a grassed playing field and a small picnic area (used for OA activities). As well as superb facilities, the school also has well-resourced sports and play equipment store areas, portable football goals, portable and fixed gymnastics equipment as well as bicycles, many mats and benches. Equipment is checked regularly and stock replenished as often as budget allows.

Teachers have access to equipment and literature, via the PE Team Leads, and can always rely on advice when needed. Training is available as required to ensure that standards of delivery are high. Staff regularly attend specialist courses. PE Team Leads aim to keep abreast of new initiatives and statutory change. Local coaches are invited in to work alongside teachers and support staff as well as deliver extended school provision in the form of sports clubs and this has helped enormously to raise the standard of teaching and level of participation.

## Health and Safety

We understand that the safety of children during physical activity is of paramount importance.

- Safe Practice in PE (afPE Membership) is used by our PE Team and advice is available to all staff.
- It should be noted that, in the event of an emergency, phones are within a short distance of physical activity locations and staff carry mobile phones and/or walkie talkies for outside activities.
- First aid boxes are available from the sports hall and main office. The school's Health and Safety Policy is applied here.

## PE Kits

Physical activity is integral to the good health of our children and thus, suitable PE kit is essential in ensuring that pupils access the PE National Curriculum to its potential, and participate safely and comfortably in physical activity at School. We believe that a uniform kit encourages our children to have a sense of belonging to a community and promotes a feeling of pride and equality.

All pupils should bring their PE kit to class even if they are not going to be actively involved as a performer. If a pupil is injured or unwell, a signed note from the parent or guardian must be provided to the PE teacher at the start of the lesson. Pupils who are excused will still need to change into PE kit as they will be involved in the learning process through the role of a coach, umpire, referee or leader (weather permitting). If changing is an issue due to injury, children are asked to record the aspects of the lesson through notes or pictures.

Valence Primary kit is compulsory and consists of:

House colour PE T-shirt, dark PE shorts/dark jogging bottoms/dark Leggings, sports trainers or black plimsolls.

Pupils who fail to bring in the correct PE kit will be required to borrow school kit from our central store. Failure to bring the correct PE kit will result in a letter home.

## Jewellery and Long hair

All jewellery must be removed for PE. If a student has newly pierced ears (i.e. 6 weeks or less) then earrings must be covered completely. Long hair must be tied back in order to prevent entanglement in apparatus and to prevent it obscuring vision.

## Role of the PE Team

The role of the PE Team;

- Adapting various schemes of work, with lesson ideas to support its implementation.
- Supporting colleagues in all aspects of the curriculum.
- Maintaining and replacing equipment.
- Ensuring areas for lessons are safe.
- Assisting with recording keeping and assessment of the subject.
- Monitoring the teaching of the subject at school.
- Attending meetings and courses, which will inform future development of the subject and ensure other staff are aware of courses themselves.
- Ensuring that pupils have the opportunity to become involved in extra –curricular clubs to further develop skills and talents.
- Ensure standards remain high in each year group through effective monitoring of the subject.
- Keep up to date with local, national, intra and inter competitions.

## Curricular Programme

All children have 1 hr 15 mins of outdoor play daily. A range of play equipment is provided and additional adults lead games e.g. basketball, football.

Early Years children have access to outdoor play all day, every day, and are encouraged to wear clothing suitable to current weather conditions. They also have a structured PE lesson each week.

Each child from Y1 to Y6 will receive 2 hours of **ACTIVE** PE time per week:

Year 5 and 6 and SEND/SEMH children also have swimming and cycling lessons during the academic calendar.

## Planning

The Physical Education curriculum and the schemes of work used by the school, covers all areas of activity outlined as statutory in the PE National Curriculum. Each year group covers certain aspects of the curriculum during the child's time at the school. The current schemes of work are constantly updated, and lesson plans are available for all of curriculum areas for each year group, if required.

- PE programme will cover the key elements which are:

Foundation Stage	Key Stage 1	Key Stage 2
Dance	Games	Games,
Ball skills	Dance	Dance,
Fitness	Gymnastics	Gymnastics,

Working with others Movement	Athletics Outdoor & Adventurous Activities Ball skills Striking and fielding Inclusion games	Athletics, Outdoor & Adventurous Activities Swimming – Yr 5 and Yr 6 catch up Inclusion games
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## Cross Curricular Links

Valence Primary School promotes physical activity in many areas;

- Literacy (dance topics linked)
- Numeracy and geography (orientation)
- Science (health, exercise and effects on the body)
- Arts (Performance e.g. Dance)
- ICT (data handling for run a mile)
- PHSE (Health Education)

## Out of School Hours Activity.

### After School Clubs:

We aim to encourage all pupils to take part in a range of clubs, and involve them in decision making. Registers are kept to identify those who do not take part in (extra) regular exercise. In addition, a range of clubs also prepare the pupils for competitions. The list of current clubs is available at the office/PE Team.

### Competition.

Pupils take place in a range of intra-school competitions, organised by the P.E. Leads, and inter-school competitions organised through the School Sport Partnership and P.E. Leads from various Primary Schools. Valence takes great pride in entering the full range of events available to Barking and Dagenham pupils.

### Residentials.

In Y5 and Y6 pupils are able to attend residential centres where they participate in climbing, water sports, high ropes and so on. PowerPoints are available on our website.

### Active Travel

We encourage pupils and parents to travel to school by cycling, scooting and walking (active travel) wherever possible. We have an Active Travel Team who promote healthy options when moving to and from school via a Local Authority agreed Travel Plan. In addition, we provide Bike Ability training to enable our KS2 and SEND pupils to cycle in their commute safely. We also use public transport or walk to a wide number of venues when engaged in trips and out of school events.

## Monitoring and Evaluation.

The PE Team will have the lead responsibility for the monitoring of physical activity in the school. Where possible lessons should contain two adults. Sport studies students are also welcomed and supported.

The SLT and Governing Body will monitor and evaluate the impact of the policy in line with the above-mentioned objectives.

Person Responsible: Lisa Watkinson

Date 29.01.26